

YIELD: 6 SERVINGS

# Crockpot Tuscan Chicken

My **Crockpot Tuscan Chicken** is drenched in a creamy sauce loaded with great Mediterranean flavors. It's one easy and delicious make ahead weeknight dinner!

## PREP TIME

5 minutes

## COOK TIME

4 hours

## TOTAL TIME

4 hours 5 minutes

## Ingredients

- 6-8 boneless skinless chicken thighs
- 3 garlic cloves, chopped
- 3 Tbsp butter, divided
- 1.5 cup cream
- ½ cup chicken stock (optional)
- ¾ to 1 cup parmesan cheese
- ½ cup sundried tomatoes, chopped or cut into strips
- 1 Tbsp Italian seasoning
- 3-4 cups spinach, packed
- ½ tsp red chili flakes
- ½ tsp salt
- ½ tsp freshly cracked black pepper
- 1 Tbsp oil



## Instructions

### Crock Pot Method

1. Season the chicken with salt, pepper, red chili flakes. Heat oil and 1 Tbsp butter in a pan on medium high heat. Add chicken and cook for 5-6 minutes. Flip and cook for 3-4 minutes on the other side. Transfer them to crockpot.
2. In the same pan, add in the remaining 2 Tbsp butter. Add in garlic and sauté for 30-40 seconds. Add in cream and chicken stock and cook for 3-4 minutes. Stir in parmesan cheese and Italian seasoning and cook for a minute. Add in sun dried tomatoes and cook for a minute.

3. Pour the sauce over chicken in the crock pot. Spread well. Cover and cook 3-4 hours on HIGH or 6-8 hours on LOW.
4. Once the chicken is tender and cooked, stirred in spinach leaves and mix well with the sauce. Cover and cook till wilted.

## **Instant Pot Method**

1. Season chicken with salt, pepper and red chili flakes.
2. Heat up the instant pot using SAUTE mode. Wait till it's hot then add in oil and butter. Once butter is melted, add chicken and sear on both sides. Plate it out.
3. Heat more butter then add garlic and sauté for 30-40 seconds. Add in cream along with chicken stock. If you don't have chicken stalk, just increase the amount of cream. Stir it for 3-4 minutes.
4. Add in parmesan cheese along with Italian seasoning and cook for another couple of minutes. Add in sundried tomatoes and cook for a minute.
5. Return the chicken back into the sauce. Seal the lid and cook on HIGH pressure for 5 minutes, then natural release pressure for 10 minutes and remove lid.
6. Put instant pot back on SAUTE mode. Stir in spinach and cook until it is wilted.

## **Notes**

1. If you don't feel like cooking sauce in pan, mix cream, melted butter, garlic, chicken stalk, Italian seasoning, parmesan cheese, sundried tomatoes in a bowl, then pour it over the chicken.
2. You can skip the searing the chicken and add raw chicken directly to the crock, though searing the chicken increases the flavor tremendously.
3. Leftovers: This is great in an airtight container for 3 days in your refrigerator.

## Nutrition Information

**Yield** <sup>6</sup>

**Serving Size** <sup>1</sup>

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*Amount Per Serving*

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**Calories** 592

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**Total Fat** 45g

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Saturated Fat 23g

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Trans Fat 1g

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Unsaturated Fat 19g

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**Cholesterol** 276mg

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**Carbohydrates** 7g

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Fiber 1g

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Sugar 4g

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**Protein** 43g

*Nutrition information calculated by Nutritionix.*



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